

**CLAIMS**

1. The use of prebiotics for the preparation of food preparations, functional foods, or pharmaceutical compositions intended to prevent or treat oxidative stress.

2. The use according to claim 1 of at least one oligosaccharide chosen from:

- fructans
- fructooligosaccharides (FOS)
- galactooligosaccharides
- xylooligosaccharides
- soybean oligosaccharides
- gentiooligosaccharides
- isomaltooligosaccharides

3. The use according to claim 1 or 2, of fructooligosaccharides (FOS) of general formula Glucosyl-(Fructosyl)<sub>n</sub>-Fructose or (Fructosyl)<sub>m</sub>-Fructose where n represents an integer from 1 to 8, in particular from 1 to 5, and m represents an integer from 1 to 8, in particular from 1 to 5, such as the short-chain FOS, 1-kestose, nystose or fructosyl-nystose.

4. The use of prebiotics according to one of claims 1 to 3, in the context of the prevention or treatment of oxidative stress linked to the consumption of sugars.

5. The use of prebiotics according to one of claims 1 to 4, in the context of the prevention or treatment of oxidative stress linked to the consumption of fructose.

6. The use of prebiotics according to one of claims 1 to 5, in the context of the prevention or treatment of oxidative stress which is due to a consumption of fructose in food greater than approximately 50 g/day on average.

7. The use of prebiotics according to one of claims 1 to 6, in which said prebiotics are administered at a daily dose of approximately 1 g to approximately 20 g, in particular

approximately 2 g to approximately 17 g, in particular approximately 5 g to approximately 15 g.

8. The use of prebiotics according to one of claims 1 to 7, as compounds with an anti-  
5 radical effect in the context of the prevention or treatment of oxidative stress.
9. The use of prebiotics according to one of claims 1 to 8, as compounds with an anti-  
10 ageing effect linked to an effect which protects the cells of the organism against the  
action of free radicals.
10. A food preparation comprising a mixture of fructooligosaccharides (FOS), as defined  
in claim 3, comprising 64 % Glucosyl-(Fructosyl)<sub>n</sub>-Fructose and 36 % (Fructosyl)<sub>m</sub>-  
Fructose, with average degrees of polymerization of 4.8, the proportion by weight of  
15 said FOS present in said preparation varying between 10% and 100%, and in  
particular being approximately 15% to approximately 35%, preferably approximately  
20%, relative to the quantity of fructose present in said preparation.